



Remember Veterans Day on November 11 MCCN Salutes Our Nation's Veterans!



Senior **Mike Mastriana** in front of the display case in the lobby holding the flag Mike flew in appreciation of MCCN on a mission in Iraq. Mike presented the flag to MCCN in gratitude for the support he received from the College during his deployment.

Senior Mike Mastriana: a Veteran of the War in Iraq

In remembrance and appreciation for our veterans' service and sacrifice, MCCN recognizes one of our own as representative of the countless Mount Carmel nursing education students and graduates who have served or are currently serving in the United States Armed Forces.

Rapper: Tell us the story of the flag.

Mastriana: This flag flew over downtown and rural Baghdad, on a high profile mission to support Vice President Joe Biden as he traveled to the U.S. Embassy and around our bases in Baghdad. I thought it would be an interesting mission to fly a flag in appreciation of MCCN — for the support I received to leave school early in 2008 and take a leave of absence without stress and complications, as well as the support I received from care packages staff sent to me. Staff maintained contact with me throughout my deployment and absence, as well

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Dates to Remember

November 7	Community Service Club meeting
November 10	Rho Omicron Induction
November 11	Last day to drop a FA-11 semester course
November 23	Last day to drop a FA-11 Term 2 course
November 24-25	Thanksgiving (holiday)
November 28	SNAM meeting
December 9	Term 2 and semester classes end
December 12	Term 2 nursing clinical final exams
December 12-16	Final exams
December 17-January 3	Holiday break

Remember Veterans Day on November 11 MCCN Salutes Our Nation's Veterans! *cont'd*



as allowing me to schedule classes and arrange returning to the College while I was still in Iraq. The support my family and I received from MCCN was phenomenal.

Rapper: What does Veterans Day mean to you?

Mastriana: Veterans Day is a day of reflection and camaraderie; a day to get

together with other veterans and talk about our experiences, as well as remember friends and those who never came home. It's a day when I can take pride in my service with fellow veterans.

Military service is a combination of adventure and sacrifice. The things you do and experience would never occur in the civilian world; and the bonds and friendships you make are unique. However, during your service, you and your family must sacrifice many things taken for granted by most Americans and endure a lot of hardship. The rewards are hopefully worth the sacrifice.

Rapper: Why did you enlist and what is your branch of service?

Mastriana: I wanted to fly on and fix helicopters as something fun during college and to earn college money. I thought of switching to pilot or getting a commission after completing my degree. My branch of service is Ohio Army National Guard/Sergeant/Honorable Discharge from National Guard after six years of service (part of Inactive Ready Reserve until January 2012).

Rapper: What do you consider the biggest reward from military service?

Mastriana: The discipline I developed that allows me to get tasks done and keep cool during stressful situations and when I have to do things I just do not want to do. It helped me develop personally and gave me a perspective of how nice I have it living where and how I do, as well as what true stress is. Also, the access to education my military career afforded me is invaluable.

Rapper: When and where was your deployment?

Mastriana: I was deployed January 5, 2009 — December 22, 2009 to Joint Base Balad and Victory Base (Baghdad).

Rapper: What was your mission?

Mastriana: My initial mission was transporting people and material around Iraq. I was then switched to being a member of the personal flight detachment for the commander of the Multi-National Security Transition Command-Iraq and NATO Training Mission-Iraq. I flew as a crew chief during missions (door gunner, cargo/mission specialist, flight mechanic) and maintained helicopters.

Rapper: Did you use your nursing education?

Mastriana: I was trained as a Combat Life-Saver, a first responder that supplemented Combat Medics. Nursing school helped me better understand my training and I was able to better help members of my Company in non-combat related incidents.

Rapper: Is military medical practice different from what you are learning now?

Mastriana: The biggest difference from the limited care I provided is the personal attention to creature comfort and holistic approach. I was not trained to provide a

Spring Registration

Registration for Spring Semester 2012

The Spring Semester 2012 class schedule and registration instructions were posted to CARMELink on October 24 and registration began the week of October 31. If you missed seeing the notice to all students about registering, check out the "Student" tab and the "Records and Registration" page on CARMELink.

- The Spring Semester 2012 course schedule is posted on CARMELink. No hard copies of the schedule will be distributed to students.
- A tutorial, *How to Register Online*, is also posted on CARMELink.
- Registration windows for groups of students opened as indicated on CARMELink.
- If you did not already register for Spring Semester, you will need to register soon!

Remember Veterans Day on November 11 MCCN Salutes Our Nation's Veterans! *cont'd*

caring bedside manner. I have to make sure I do not get into a mindset of just getting the job done at any cost, but also take into consideration the personal feelings and perceptions of the patient. In simple terms, I have to be sensitive to the patient.

Rapper: Why did you choose the nursing profession?

Mastriana: I don't personally enjoy working only with theory. I like to apply theory and get my hands dirty in my work. I was torn between paramedic and RN because of the personal interaction and hands on atmosphere of job, but figured a BS was the better way to go for flexibility and job security. My mother-in-law was the individual who suggested nursing and enabled me to shadow her in the Emergency Department at OSUMC, an experience that certainly sparked my interest in nursing.

My immediate goal is to begin my nursing career in either an Intensive Care Unit or Emergency Department position as a staff nurse (preferably pediatrics). I would like to eventually become a flight nurse and earn a certification as a perfusionist.

Thanks to all our Mount Carmel veterans for your service.

Money Matter\$

Notes from Alyncia:

If your account has a Business Office hold and you cannot register for classes, please schedule an appointment with **Kathy Smith** to resolve the issue.

Don't Be Surprised — Use your CARMELink

Every student at MCCN has access to their financial aid information.

- 1) Access CARMELink
- 2) Click on the Financial Aid Tab
- 3) Select the area of financial aid that you would like to visit
 - a. Fairfield — OUL Campus (This tab is specifically for the students at our Fairfield location. Announcements pertaining to Fairfield students can be found here.)
 - b. Financial Aid (Any current announcements from financial aid are located on this page.)
 - c. Financial Aid Awards (This tab illustrates your award letter. If you cannot pull up an award letter, go to the document tracking tab. There probably is a good reason why this is occurring.)
 - d. Financial Aid Document Tracking (This tab will illustrate what documents have been received and which documents are missing. Missing documents will delay disbursement of financial aid.)
 - e. APP (This tab is specifically for the current and new APP students. Announcements pertaining to APP students can be found here.)
 - f. SDAP (This tab is specifically for the current and new SDAP students. Announcements pertaining to SDAP students can be found here.)

Schedule Changes

Please check to see how dropping a class will affect your financial aid before you drop your class. Failure to do so may result in a reduction in your financial aid.

If you are registered for a class at OSU, CSCC or OUL, you need to complete the course. Failure to do so will result in an adjustment to your financial aid.

Alyncia M. Bowen, PhD

Director, Financial Aid
abowen@mccn.edu

Are You Taking a Course Elsewhere?

Any student taking a class at one of our affiliated institutions (Columbus State Community College or The Ohio State University) is required to submit a copy of his/her Quarter course schedule to the MCCN Records and Registration Office (Marian Hall, Room 2C01). **The deadline for Fall was Friday, August 19; the deadline for Winter is January 6.**

Students must also notify MCCN Records and Registration when they drop or withdraw from an affiliated course. We have found this notification to MCCN frequently is not happening. Remember ... you need to keep MCCN updated on your affiliated status!

All students must submit their CSCC or OSU course schedules to MCCN Records and Registration every quarter they take classes. Students who neglect to fulfill this responsibility will find that their credit hours at CSCC or OSU may not count toward calculation of total credit hour load.

Financial aid awards are based on total registered credit hours. Delinquent students may find themselves at less than full-time hours for financial aid calculation.

IF YOU ARE TAKING AN AFFILIATED COURSE OR HAVE WITHDRAWN FROM AN AFFILIATED COURSE AND HAVE NOT ALREADY NOTIFIED RECORDS AND REGISTRATION, PLEASE DO SO IMMEDIATELY.

Students at Ohio University Lancaster

Students enrolled as freshmen in the MCCN-FMC program and taking classes at Ohio University Lancaster (OU-L) are also required to submit a copy of their Quarter course schedules to the MCCN Records and Registration Office (Marian Hall, Room 2C01.) **The deadline for Fall was Friday, September 9; the deadline for Winter is January 6.**

All MCCN-FMC students must submit OU-L course schedules to MCCN Records and Registration every quarter they take classes at OU-L.

FMC program students must also notify MCCN Records and Registration when they drop or withdraw from an affiliated course. We have found this notification to MCCN frequently is not happening. Remember ... you need to keep MCCN updated on your affiliated status!

ATI Comprehensive Review for NCLEX Preparation

Beginning with the 2011-2012 academic year, students graduating from the traditional pre-licensure nursing program are required to attend an ATI Comprehensive Review for NCLEX Preparation. Students on track to graduate from the traditional pre-licensure program are assessed a \$250 senior year fee that enrolls them in the ATI Comprehensive NCLEX Review arranged by the College.

The onsite review is offered in May the week following graduation for May and July graduates. The onsite format consists of a three-day comprehensive in-class review.

October, December, and March graduates are offered an onsite review session if there is a minimum of 25 students in attendance. If there are fewer than 25 students, graduates will enroll in the comprehensive review in a self-paced online format with an individually assigned ATI course instructor. Second Degree Accelerated students will receive information from their Program Coordinators about the ATI review session.

Graduation Applications Now Past Due!

Graduation applications were distributed the week of September 5 to student mailboxes on the main campus and emailed to MCCN-FMC students. Applications are also available on CARMELink (Student tab → Student Forms or Student tab → Records & Registration).

The deadline to submit graduation applications was **Friday, September 23**. Applications must be on file in order to begin the graduation process. If you expect to complete degree requirements during the 2011-2012 academic year, please submit your application NOW. The graduation fee will be charged to your student account in the semester you graduate.

Pre-licensure students who wish to verify completion of degree requirements may schedule an appointment to update their degree audits. Contact **Karen Greene** (614-234-5685) to schedule an appointment. RN-BSN and MS students may contact **Kip Sexton** (614-234-5169) for verification of degree completion requirements.

MCCN Volunteer Tutors: Impacting Children's Lives and the Community



There is still time to join the 16 MCCN students

and three MCCN staff members who are changing lives by giving just one hour of their time each week. Our volunteer reading tutors head to nearby Avondale, Dana, or Sullivant Elementary during lunchtime once a week. There they spend 45 minutes helping young students improve their reading skills, which will change their lives.

Volunteers tutor on the day of the week that is convenient for them, and students receive community service credit for tutoring. But more than those credits, much more, is received by the volunteers. Four of our student volunteers relay their individual tutoring experiences, but all agree that in giving they are receiving.

Junior **Tori Fox** loves kids, and the tutoring gives her a sense of really helping them, since reading will impact these kids' education for the rest of their lives.

"It's so adorable to see my little girl get so happy to see me every week and be excited to learn and read. In just one month, I've seen improvement. And she's opening up more and beginning to trust me. She talks more and is comfortable enough to not get embarrassed as much when she messes up a word."

Fox believes in the program and encourages more volunteers. "There's so many kids to help, even if EVERYONE volunteered, there'd still be kids needing help. So many don't have what we have. One hour a week can change a kid's life," says Fox. "It's just really rewarding. I'm not even doing it for the community service hours. I'm doing other stuff for that; I just enjoy helping."

Junior **Jenna Johnston**

decided to become a reading tutor because it is a way of giving help to those who need it, especially if an impact can be made when people are young. "Helping young children is like watering a flower. The more effort you put into assisting these young children, the fuller they will bloom with their intelligence and education."

Johnston describes her tutoring at Avondale as a great experience. "I really look forward to tutoring every week, and so do all of the children. Believe it or not, you as the



MCCN student **Renee Ware** volunteering as a reading tutor for a third grade student at Sullivant Elementary.

Photo courtesy of the Franklinton Tutoring Program

MCCN Volunteer Tutors: Impacting Children's Lives and the Community *cont'd*

tutor are a role model to children. This makes you feel good as a person, especially knowing you are there to help them succeed. It is a great feeling to have!"

Johnston, who believes nursing is a passion and that MCCN is the place to earn a nursing degree, feels that the volunteer tutoring is a very fun and rewarding way to earn part of, or all of the 20 hours of community service needed to graduate from MCCN.

Also a junior, **Samantha Kotlarek** really enjoyed tutoring with the Franklinton program last year. "I decided I couldn't say no this year after remembering how much of an impact we had on the children. All the kids are so anxious when they see us sitting in the hallway for them because they know they will be getting one-on-one attention."

With a year of tutoring experience, Kotlarek can positively state, "After tutoring a child for a whole school year, you see the difference you made in their life and the excitement they get to read and try hard in school."

Kotlarek sees parallels between the tutoring and nursing. "I decided to become a nurse because I enjoy helping others. I think it's such a great feeling to know you have helped someone because you care, whether that means assisting a child reading or helping someone back to better health to get back to their family."

Sophomore **Jessica Yvonne Parham** tutors a second-grader at Dana Elementary because she wants to give support and encouragement to the youth in the local community. "The program has given me the opportunity to understand that it is important to give back to our community. It is the only way our community will survive," says Parham.

"Plus, it has been very rewarding. My student is growing not only in reading but also in nutrition. Before we read, we talk about what healthy food choices to make during lunch," Parham adds.

Parham's commitment to tutoring mirrors her choice of the nursing profession. "I chose to be a nurse to truly humble myself through serving and uplifting the sick; to encourage people to live healthy lives and to trust God to take care of the rest."

Community Service

Social Responsibility is one of the "Core Values" contained in the mission of Mount Carmel College of Nursing. In accordance with the College's *Mission and Catholic Identity*, the Community Service requirement for nursing students includes the application of one's skills and time to meet identified community needs of vulnerable and at-risk populations.

This activity leads to learning and development through active participation in thoughtfully organized service that:

- is conducted in and meets the needs of the community
- involves reflection and analysis of the experience
- promotes the development of leadership skills, citizen skills, and social responsibility

Pre-licensure students are required to complete 20 clock hours of community service prior to the beginning of the last semester of enrollment (RNs enrolled in the BSN Completion Program and SDAP students must satisfactorily complete 10 clock hours).

Pre-licensure students who do not meet the deadline will be required to complete an additional 10 clock hours (for a total of 30 hours) in order to meet the graduation requirement. RN-BSN and SDAP students who do not meet the deadline will be required to complete an additional 5 clock hours (for a total of 15 hours) in order to meet the graduation requirement.

Any student who does not meet the requirement by the policy deadline may participate in Commencement activities but will not receive a diploma or be eligible for NCLEX-RN testing until this requirement is met.

Additional details regarding the Community Service Learning Program can be found in the *Student Handbook*.

Degree Audits

Pre-licensure students who want to verify current completion of program requirements may schedule an appointment to review their degree audits. Contact Records and Registration (614-234-3870) or **Karen Greene** (614-234-5685) to schedule an appointment.

Students finishing the **onsite** RN-BSN Completion Program and Master's students should contact **Kip Sexton** (614-234-5169) with questions about degree audits.

Volunteer reading tutors are still very much needed!
For more information or to volunteer to change a child's life, contact **Therese Snively PhD, RN**, at 614-234-3362 or tsnively@mccn.edu.

Be a
Volunteer Tutor

Withdrawal Policy Reminder

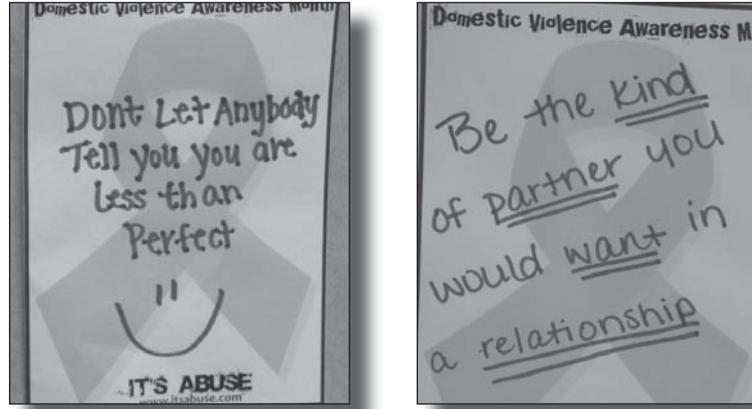
Please be aware of the MCCN course withdrawal Policy (2011-2012 Student Handbook, p. 48).

For the purposes of this policy, there are two types of courses: non-nursing courses and nursing courses. Nursing courses include all courses with a prefix of NURS (with the exception of nursing seminars). Non-nursing courses include all other courses taken in the academic program (including nursing seminars).

After the course start date, a student must first notify the course instructor and obtain his/her signature prior to submitting an Add/Drop Form to the Office of Records and Registration. Submission of the form to Records and Registration is required for official withdrawal from a course. Non-attendance in a course after the withdrawal deadline is considered being absent from the course. Failure to submit a faculty-signed Add/Drop Form will result in a grade being assigned at the conclusion of the course. All course withdrawals are subject to the "Refund Policy" section of the Student Handbook.

- A student may withdraw from any course by the end of week 1 and the course will not appear on the transcript.
- A student may withdraw, without academic penalty, from a 16-week semester course by the end of week 12 of the course. A grade of "W" will be posted to the student's academic transcript.
- A student may withdraw, without academic penalty, from an 8-week term course by the end of week 6 of the course. A grade of "W" will be posted to the student's academic transcript.
- A student may not withdraw from any course after week 12 of a 16-week semester course or week 6 of an 8-week term course.
- Summer courses operating on a modified schedule will follow deadlines equivalent to the proportional requirements stated above.
- A student may withdraw from only one nursing course during the program of study.
- A student may withdraw from a total of two different non-nursing courses during the program of study.
- A student who is retaking a course from which he/she has previously withdrawn may not withdraw from that course a second time; a course grade will be assigned at the conclusion of the retake.
- Withdrawing from a course does not force the student to also withdraw from a co-requisite course.

"It's Abuse" Campaign at MCCN



Two examples of reminders about healthy relationships written by MCCN students and then posted at Charlie's Java Jolt.

October is Relationship Violence Awareness month. Student Government Association (SGA) had a table at the Fall Festival where students could sign the "It's Abuse" pledge, make a purple ribbon to wear, and write a positive message regarding healthy relationships. The messages were then taped to the walls of Charlie's Java Jolt.

SGA representative **Devon Baldwin** is SGA's committee chair of the "It's Abuse" Campaign. Baldwin sent this report regarding the College's "It's Abuse" effort at the Fall Festival to Nationwide Children's and The Coalition against Family Violence's "It's Abuse" college campaign coordinator **Sarah Ozello**:

"Today (October 31) turned out really well! We were able to fill the walls of the College cafe with the awareness templates and I received a handful of pledges. We also received \$11.00 in donations, which I would like to donate to *Choices*. Thank you so much for coming to the festival today and thank you for sitting in for me while I explored. I hope you were able to check out some of the fair yourself."

Seven Common Dieting MYTHS

By **Alexandra Moore**, Dietetic Intern

1. Eating late at night will make you gain weight. When you eat food before bed or before you sit down to watch a movie, the speed of food digestion slows down. However, as soon as activity is resumed the calories will be metabolized in the exact same way.¹ The calories are the same if you are inactive for one hour or 10 hours. Late-night snacking is often discouraged purely based on the fact that we tend to make unhealthy food choices at night.

2. The less you eat, the more weight you will lose. Crash diets and fasting will cause you to lose weight in the very short term. However, this method of dieting will also cause you to lose muscle, which will decrease your metabolism.² Prolonged fasting will cause the body to think it is starving, which causes it to store energy differently. This tends to stop further weight loss despite continued dieting.

3. Whole grain bread is “healthier” than white bread. It is true that the whole grain bread is naturally higher in fiber and nutrients. However, whole grain options may not always be “healthier.” When comparing breads at the grocery store you may be surprised to find that some whole grain products actually have more calories and more sugar per serving than their counterparts.

It is also not true that white bread is “bad” for you. Most white breads are enriched or fortified with folate, thiamin, riboflavin, niacin, and iron.

4. Sugar makes you hyper. According to the Journal of the American Medical Association and every major medical journal, sugar does not cause hyperactivity.^{3,4} Sugar does provide the body with energy in the form of carbohydrates, but not any more than crackers, bread, or baked potatoes.⁵ However, foods high in sugar should be limited because they are often high in calories, and low in nutrients.

5. Certain foods like cabbage and grapefruit burn fat. Cabbage and grapefruits are low in calories so it would be difficult to gain weight from eating them. However, there is no scientific evidence that suggests ANY food can burn fat. Some foods with caffeine may speed up your metabolism, but only for a short time.⁶ Be aware that grapefruit does interfere with several types of medications, so please speak with your pharmacist before incorporating this fruit into your daily diet.

6. Turkey makes you sleepy. Tryptophan is an amino acid, which can bind to dopamine receptors in your brain, inducing a sleepy effect.⁷ However, turkey does not contain enough tryptophan to effectively raise dopamine levels.⁸ After a big turkey dinner the “sleepy” effect is generally due to overeating.⁷

7. Organic = Healthy. Organic foods are those produced without the use of chemical fertilizers, pesticides, or other artificial agents. With the increased popularity of organic products, prepackaged goods, such as organic cereals, granola bars, butter, and canned vegetables are increasing in popularity. However, fresh organic fruits and vegetables have the same nutrient content as non-organic fruits and vegetables. Furthermore, organic prepackaged products are not necessarily lower in fat, calories, sodium, or sugar. Be sure to compare labels.

References:

1. Castro JM. The time of day of food intake influences overall intake in humans. *J Nutr* 2004;134(4):104-111
2. Wadden TA, et al. Very Low Calorie Diets: Their Efficacy, Safety, and Future. *Ann Intern Med* 99(5):675-684
3. Wolraich ML, et. Al. The Effect of Sugar on Behavior or Cognition in Children: A Meta-analysis. *JAMA*. 1995;274(20):1617-1621.
4. Krummel DA, Seligson FH, Guthrie HA. Hyperactivity: is candy causal? *Crit Rev Food Sci Nutr* 1996;36:31-47.
5. Kinsbourne M. Sugar and the hyperactive child. 1994;330:355-6
6. Soeren MH, Graham TE. Effect of caffeine on metabolism, exercise endurance, and catecholamine responses after withdrawal. *J Appl Physiol* 1998;85:1493-1501
7. Lenard NR, Dunn AJ. Mechanisms and significance of the increased brain uptake of tryptophan. *Neurochem Res* 2005;30:1543-8.
8. w41. US Food and Drug Administration CfSaAN, Office of Nutritional Products, Labeling, and Dietary Supplements. *Information paper on L-tryptophan and 5-hydroxy-L- tryptophan*. Washington, DC: US Food and Drug Administration, 2001.

Sigma Theta Tau International Honor Society of Nursing

Rho Omicron Chapter Scholarships

The STTI Rho Omicron chapter is offering scholarships to undergrad and master’s students currently enrolled at MCCN, who are active Rho Omicron members with a cumulative **GPA of 3.5 or higher**. More information and applications will be available at Induction and at www.mccn.edu. Deadline for applications is February 6, 2012. Scholarship recipients will be announced at the General Membership Luncheon Meeting on **March 19, 2012**.

Rho Omicron Chapter Scholarly Project

Rho Omicron Grants for Scholarly Projects are available to active members of the Rho Omicron Chapter. The MCCN website will have applications that can be downloaded. Please be certain to complete all sections of the application. In addition to the application, please submit a maximum five-page double-spaced narrative proposal for the work to be accomplished in the project.

The proposal must include the specific aims to be accomplished; background information that includes justification for the project and the significance to nursing practice, education, or administration; and a description of how the project will be accomplished.

The timeline is 12-months maximum. The budget maximum is \$500.00. Please submit an itemized budget, as well as a professional resume or bio-sketch – not to exceed three pages. The deadline date for applications is **February 6, 2012**.

Submit completed application packet to:

Mount Carmel College of Nursing
Rho Omicron Chapter
127 South Davis Avenue
Columbus, OH 43222

These Rho Omicron scholarships are available to undergraduate and graduate students currently enrolled at Mount Carmel College of Nursing. **The award will be for \$500 that can be used for academic-related expenses.** One undergrad and one master’s scholarship will be awarded. The date of announcement of grantee(s) is **March 19, 2012**.

Student Health *News*

By **Kathy Walters MS, RNC, NNP-BC**, Assistant Professor/
Student Health Nurse



President/Dean **Dr. Ann Schiele** has made it mandatory for all students to receive a flu shot. If you receive a flu shot from somewhere besides MCCN, you **MUST** bring documentation of that flu shot to the Student Health Nurse.

Don't forget to read this month's issue of *Student Health 101*. You will find articles about the seven myths of sleeping, exercises you can do at your desk while studying, how to deal with loneliness, how to get along with your roommate, as well as an excellent nutrition article.

Kathy Walters MS, RNC, NNP-BC
Assistant Professor/Student Health Nurse
Mount Carmel College of Nursing
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kwalters@mccn.edu

AIDS Resource Center Ohio • Mount Carmel Hospice and Palliative Care • American Jewish World Service

Present An Evening of Reflection

Compassionate Care: Lessons from Hospice in South Africa

Song of The Soul: Stories of Hospice in South Africa
An ICARUS Films Production
2011 Viewer's Choice Award, WPA Film Festival

Tuesday, December 6, 2011
Mount Carmel West Medical Staff Building Auditorium
793 W. State Street Columbus, Ohio 43222
4:30 - 5 p.m. Refreshments
5 - 6 p.m. Film and Discussion

Film and Panel Discussion on global and local issues led by

Lori Yosick, LISW-S

Mount Carmel Hospice and Palliative Care Executive Director

Peggy S. Anderson, LISW-S

AIDS Resource Center of Ohio Chief Operating Officer

Riva Silverman, BA, MA

American Jewish World Service Director of Development

Presentation Goal: Discuss how success of hospices in South Africa are applicable to hospices in U.S.

Presentation Objectives:

- Identify prevalence of health care needs in South Africa and the uniqueness in the world of hospice
- Identify key issues of hospice patients in South Africa and the resourcefulness, generosity, dignity and grace displayed in the midst of poverty and limited resources
- Discuss how hospice care in South Africa is applicable to US health care as exemplar of community based compassionate care

This program has applied for 1 Nursing and 1 Counselor Social Work Contact Hour

The Mount Carmel Health System (OH-007/07-01-14) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

- The presenters and planners have no conflict of interest.
- Successful completion of each session requires attendance at 80% of the session and completion /submission of an evaluation form.
- Refreshments have been provided by American Jewish World Service. This commercial support will in no way influence or bias the content of the CE presentation.

RSVP to Lynley Carey at lcarey@mchs.com or (614) 234-0275 by Friday, December 2, 2011



FIRST ALERTED.
FIRST INFORMED.



THE MCCN
COMMUNICATIONS
ALERT SYSTEM

SIGN-UP TODAY!

By signing up for our Mount Carmel Communications Alert System you can be alerted and informed in times of crisis, disaster and weather situations.

Faculty, staff and students may self-register for the system by using an on-site MCCN computer. Launch Internet Explorer and enter URL <http://mccnalert.mccn.int> and simply follow the prompts. Be sure to do the self-test that is part of the self-register process to confirm that the registration has taken place.

The alert system messages are TEXT ONLY and can be sent to cell phones, pagers, personal computers or other electronic message devices. There are no limits to the number of devices that can be listed.

You must register in order to be contacted and check the box to agree to assume any charges for alert system messages. Once registered you must update any changes to listed devices, such as new phone numbers.

If you have questions about the new system, please contact **Robin Hutchinson-Bell** in College Relations at 234-1372 or rhutchinsonbell@mccn.edu



SNAM* News

*Student Nurses Association
at Mount Carmel

SNAM Calendar of Events

November 21	Books & Buckeyes Sale	8 a.m.-12 noon in the college lobby
November 28	SNAM Meeting	12 noon in the lounge
January 23	SNAM Meeting	12 noon
March 26	SNAM Meeting	12 noon
April 23	SNAM Meeting	12 noon

ONE GOAL

To Prevent Cancer Incidences in Women Through
The Promotion of Physical Activity

We are conducting a study to motivate women with a family history of cancer to be physically active.

Participation Requirements:

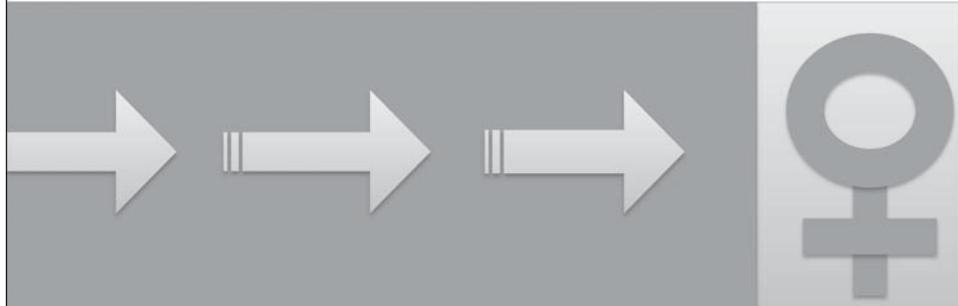
- Females Ages 18 -65
- Family History of Breast, Colon, or Endometrial Cancer

See a Labs in Life Researcher to get started today! You are eligible to receive:

- FREE BodPod
- FREE Fitness Test
- FREE Consultation



For additional information:
Phone: 614-437-4472
Email: ehelil@ehe.osu.edu
Principal Investigator: Carmen Swain, Ph.D.



Library Hours

Monday - Thursday	8 a.m. – 9 p.m.
Friday	8 a.m. – 5 p.m.
Saturday	8:30 a.m. – 12:30 p.m.
Sunday	Closed

Professional reference staff is available Monday – Friday, 8 a. m. – 5 p. m. If you need professional help or assistance during late evening and Saturday opening hours, librarians will be available upon your request, primarily through scheduling time using the *Signing for Instruction* form on the library website at least 48 hours in advance, or by contacting a librarian in person.

Catholic Mass Schedule at Mount Carmel West Chapel

Sunday at 4 p.m.
Monday and Wednesday at noon

SNAM Officers 2011-12

President:
Kayla Munk

Vice President:
Brooke Waddell

Secretary:
Stephanie Binkley

Treasurer:
Renee Dicke

Membership Director:
Stephanie Reinschild

BTN Director:
Cody Toney

Community Health Director:
Katie Baker

Rho Omicron Induction Ceremony with Silent Auction

November 10, 2011
Guest Speaker: Donna Curry, Region 9 Coordinator
Silent Auction: 5:30 - 6:30 p.m.
Medical Staff Building
Mount Carmel West Campus

Fall Festival 2011 a Fun Time for All!

Approximately 300 students enjoyed the fun of the College's annual Fall Festival held on October 31. The photo-booth, always a big hit, was especially popular this year with the addition of props for the students to dress up in for their photos. "I had so much fun at the Fall Festival! It was seriously awesome! Thank you!" said student **Chandra Grace**.

"Erica Carlson, professional balloon artist, made amazing things from balloons. People stood in line for an hour just waiting to get one of her creations," said the event planner and Director of Student Life, **Colleen Cipriani**.

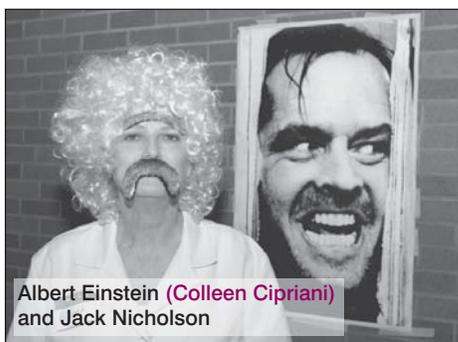
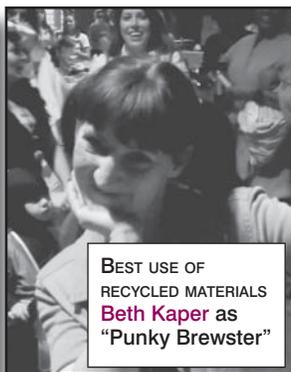
There was also an appearance by Albert Einstein, aka Cipriani, who performed an illusion to make attendees think their brains had three hands. Campus Ministry participated with a bake sale and a basket raffle to raise money for an upcoming Campus Ministry mission trip. Instructor **Deborah Huff, APRN, BC**, performed Reiki.

Volunteers Made it all Possible

SGA reps helped with set-up, and clean-up, sold campus apparel, served cake and ice cream, and staffed the "It's Abuse" table. Special thanks to the SGA members who volunteered at the festival: **Devon Baldwin, Katie Bradley, Sarah Brantley, Whitney Eal, Anne Hahn, Ben Moore, Stephanie Rienschild, Ashli Temple, Symphony Voelkel, and Molly Wake**.

Faculty and staff helped with the Burrito Bar, served cake and ice cream, manned the popcorn machine, sold campus apparel, and judged the costume contest. Thanks to **Fatma Al-Lamki, Jan Burkey, Kerry Dawley, Theresa Draher, Kathy Espy, Denise Ferrell, Frieda Gill, Julie Haley, Deb Huff, Catie Maurer-Baack, Laura Spurlock, Tricia Whitney, and Ann Waterman**.

"What a success! Thanks to all the volunteers. I couldn't have done it without you," said Cipriani.



Student **Activities**

COSI

Four student (Center of Science and Industry) COSI Columbus memberships and two family COSI memberships are purchased annually for MCCN students. Individual students and students with families (up to 4 children and significant other) can be admitted to COSI for free!

COSI memberships may be signed out on a daily basis. Memberships must be returned the next business day to ensure availability for other students. Memberships signed out on Fridays are to be returned the following Monday. Enjoy!

Ohio Dominican University's Bishop A. Griffin Center

MCCN students are cordially invited to attend activities and events at Ohio Dominican University's Bishop A Griffin Student Center. For up-to-date listings of activities visit www.ohiodominican.edu, type in Griffin Student Center and calendar of events.

Come away with Me and rest a while... Mark 6:31

A Message to MCCN Students from The Downtowners Inc., An Ecumenical Ministry Serving the Downtown Campuses

Downtowners Campus Ministry Winter Retreat 2012
Friday, January 13, 7:30 p.m. — Sunday, January 15, noon
Templed Hills Camp in Bellville, Ohio

Comfortable sleeping rooms, heated barn, kitchen and fireplace

Your Cost = \$20 (remaining cost provided by a grant to the Downtowners Campus Ministry)

As the fall season takes us into winter and the new year of 2012, get into the best of spirits and retreat to the beautiful Templed Hills in Bellville, Ohio, just over an hour north of Columbus.

Take some time away from the books and work to gaze at the stars and feel the exciting beauty of winter. Join us for a refreshing, prayerful and fun time. Play, pray and eat home-cooked meals together! Enjoy a professionally guided nature walk onsite. Ski nearby.

Enjoy thoughtful and fun conversation, prayer and reflection. Take a new look at what Jesus calls us to in the Beatitudes (Matthew 5:1-11).

Directions:

Take I-71 north to Route 97. Turn right (east) onto 97 into Bellville. The first traffic light will be Route 13. Turn right (south) on Route 13. The next traffic light will be Durbin Road; turn left. Templed Hills is 1.5 miles ahead on the right side of Durbin Road. We are staying in the Heritage Barn.

For reservations or more information, contact: The Downtowners Campus Ministry, Dr. Ellen O'Shaughnessy, at 614-224-1155 or eoshp@mac.com or visit the website at www.downtownersministry.org.

Student Government Association (SGA) Officers and Representatives for 2011-12

President

Brooke Waddell

Vice President

Jena Verbance

Treasurer

Ashli Temple

Secretary of Records

Stephanie Binkley

Secretary of Public Relations 1

Kayla Munk

Secretary of Public Relations 2

Annie Hahn

Senior Class Representatives

Ashley Degoey*

Stephanie Harris

Brittany Richards

Dani Smith

*Fairfield Medical Center SGA representative

Junior Class Representatives

Benjamin Moore

Symphony Voelkel

Molly Wake

Ashley Winebrenner

Sophomore Class Representatives

Devon Baldwin

Ebonee Caldwell

Stephanie Rienschild

Brett Teiga

Freshman Class Representatives

TBD

Advisor

Colleen Cipriani



Holiday Tree Project

Monday, November 14, noon -2 p.m.
Mount Carmel College of Nursing lounge

Join us in decorating holiday trees for hospice patients. All supplies are provided. No fee required.

Sponsored by: Rho Omicron Chapter
Sigma Theta Tau International
Nursing Honor Society

The John Glenn School of Public Affairs
presents the

Barbara K. Fergus Women in Leadership Lecture

Speaker: Sheryl WuDunn
"Half the Sky: A National Perspective"

Monday, November 14, 2011, 4 p.m.

Ohio Union, Archie Griffin Ballroom
1739 North High Street
Columbus, Ohio 43210

RSVP Required: To register, please go to glenn.osu.edu/fergus and click on the RSVP link or call 614-688-3206, ext. 2, by Wednesday, November 9.

Sheryl WuDunn, the first Asian American reporter to win a Pulitzer Prize, is the bestselling author of "Half the Sky," a business executive, and a lecturer. Currently, she is a senior managing director at the investment banking firm, Mid-Market Securities. She is also president of TripleEdge, a social investing consultancy, and — as of fall 2011 — will be a Senior Fellow at Yale University, co-teaching a course on global affairs with a specific focus on China's economic development and its global role.

Watch Sheryl WuDunn at: http://www.ted.com/talks/sheryl_wudunn_our_century_s_greatest_injustice.html

Half the Sky movement: <http://www.halftheskymovement.org>

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Managing Editor:
Robin Hutchinson Bell

Editor:
Elaine Kehoe

Photographer:
Chris Steel

Layout:
Carol Stokes

Deadline for information is every other Monday at noon.

For information or to comment, contact Robin Hutchinson Bell at 614-234-1372 or rhutchinsonbell@mccn.edu.

MCCN to Host Healthcare Nursing Conference Regarding Post-War Care of Returning Veterans and their Families

To honor our veterans, Mount Carmel College of Nursing will host a one-day conference for Central Ohio primary care nurses and other healthcare providers to address the unique needs of returning war-zone veterans and their families. Master Sergeant Sean Clifton of the U.S. Army Special Forces will share his story of a war-zone injury sustained during his deployment to Afghanistan. Other presenters include Dr. Edgardo Padin-Rivera, Chief of Psychology at the Louis Stokes Veterans Affairs Medical Center in Brecksville, Ohio. Dr. Padin-Rivera is nationally recognized for his work in Post Traumatic Stress Disease.



Post-War Healthcare for the Returning Veteran

A Conference for Healthcare Professionals to Assist Veterans and Their Families with Unique Healthcare Needs

Thursday, November 10, 2011 • 8 a.m.-4 p.m.
Mount Carmel College of Nursing Lounge
127 South Davis Avenue • Columbus, Ohio 43222
Parking available in P1 parking garage (\$3.75/day)

Conference Objectives

This conference is designed to assist healthcare professionals in working with military war zone veterans and their families when they are seen by the civilian primary healthcare providers.

- Identify potential problems and needs of military personnel returning from war zones and their families.
- Learn strategies to address healthcare needs of military personnel returning from war zones.
- Identify local resources available to veterans and their families.

Topics Include:

- Post Traumatic Stress Syndrome
- Traumatic Brain Injury
- Blast Injuries
- Suicide
- Sexual Health

Application made for CEUs

Fee, including lunch:
\$50 for Mount Carmel Associates
\$75 for All Others
Free for All Nursing Students — lunch on your own

To register, call 614-234-LIFE by November 4, 2011

For additional information, please contact Dr. Kathy Sommers at ksommers@mccn.edu or Vicki Warschauer at vwarschauer@mccn.edu.



MOUNT CARMEL
College of Nursing

Student Ambassador Applications Available Now
At the Front Desk, Charlie's Java Jolt, and the Admissions Office
Deadline to Submit Application: December 9